



Northampton Aquatic & Family Center at JFK Middle School, 100 Bridge Rd. Florence

Swim Lessons

The Aquatic and Family Center offers swim lessons to all ages and abilities.
Our lessons include Parent and Child, Preschool and Levels 1-6.
We offer lessons from beginners through advanced swimmers.
Classes are 30 minutes in length. We also offer private lessons.

Thursdays: **February 25 - April 7 (6 classes) \$33/\$45/\$55**
No class on March 3, Make-up will be on April 7.

Pre - Level	4:00 - 4:30pm
Level 1&2	4:30 - 5:00pm
Level 3&4	5:00 - 5:30pm
Level 5&6	5:30 - 6:00pm

Saturday: **February 27 - April 9 (6 classes) \$33/\$45/\$55**
No class on March 26, Make-up will be on April 9.

Parent & Child	9:30 - 10:00am
Pre - Level	10:00 - 10:30am
Level 1&2	10:30 - 11:00am
Level 3&4	11:00 - 11:30am

*Fees listed in the order of **Member / Resident / Non-Resident***
Pre-registration is required before start of session; space is limited; instructor ratio 1: 6

Class Descriptions:

Parent/Child:	Ages 1-5 with parent, emphasis on fun, covers a variety of skills and activities
Pre- Level:	Ages 3-5, a variety of swimming and safety skills covered
Level 1:	Beginner independence in the water ; Intro to breath control and Front Crawl
Level 2:	Refine Front Crawl; Intro to Elementary Backstroke and rotary breathing
Level 3:	Develop Front Crawl and Elementary Backstroke ; Intro to Side Stroke, Breast Stroke, and Back Stroke
Level 4:	Perfect Front Crawl, Back Crawl, Elementary Back Stroke; Refine Side Stroke, Breast Stroke
Level 5:	Develop Breast Stroke, Side Stroke; Intro to Butterfly and Diving : Build endurance with pervious strokes
Level 6:	Intro to competitive techniques and Strength Training ; Flip Turns & Starts, Diving & Stroke Critique

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence, MA
Mon-Fri 4:00-8:00 pm & Sat 10:00 am-5:00pm and Sun 11:00 am-4:00 pm, 587-1046

or

Northampton Parks and Recreation Dept., 90 Locust St., Northampton, MA

Mon-Fri 8:30 am-4:30 pm, 587-1040.

www.northamptonma.gov/recreation

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: _____

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Home Phone _____ Work Ph _____

Cell _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Home Phone _____ Work Ph _____

Cell _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone _____

Photo Release: May Nton Rec. use photos of you or your family members for brochure, website, promotional use? ☐ Yes ☐ No

PARTICIPANT'S FULL NAME: _____ ☐ Male ☐ Female

School _____ Date of Birth _____ Grade 2015/16 _____

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

TOTAL FEES

PARTICIPANT'S FULL NAME: _____ ☐ Male ☐ Female

School _____ Date of Birth _____ Grade 2015/16 _____

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

TOTAL FEES:

PASS PURCHASE - AFC

Pass for Aquatic Center	Pass Type	Fee

TOTAL DUE:

Pass Holders Names	Male/Female	Age	Special Considerations/Comments (Use back if necessary)
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____

Charge my VISA _____ Mastercard _____ Discover _____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Recd \$ _____ Date _____ RT date _____ staff _____ Amt Recd \$ _____ Date _____ RT date _____ staff _____ Amt Recd\$ _____ RT date _____ staff _____
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